

# Des Moines Normandy Park Activity Center



July & August 2010



**Staff**

**Patrice Thorell**, Park & Recreation Director  
**Sue Padden**, Senior Services Manager  
**Abbie Nielsen**, Recreation Coordinator  
**Charisse Gregory**, Office Manager  
**Brenda Anders**, Senior Shuttle Coordinator  
**TB Announced**, Nutrition Coordinator  
**Aida Martinez**, Nutrition Latino Coordinator  
**Gloria Nava**, Latino Program

**2010 Des Moines City Council**

Bob Sheckler, Mayor  
 Dave Kaplan, Mayor Pro-tem  
 Melissa Musser                      Matt Pina  
 Carmen Scott                      Dan Sherman  
 Scott Thomasson

**City Manager**

Tony Piasecki

**2010 Normandy Park City Council**

George Hadley, Mayor  
 Clarke Brant, Mayor Pro-tem  
 Doug Osterman                      Shawn McEvoy  
 John Rankin                      Marion Yoshino  
 William Enersen

**City Manager**

Doug Schulze

**2010 Senior Advisory Committee**

To share your concerns and questions or to find out when the committee meets, Call: 206.878-1642.

Don Harper                      Rita Lambert  
 Rachelle L. Mendoza                      Florence McMullin  
 Gloria Nava                      Novella Perry  
 Mack Van Wyk  
 Council Representative: Melissa Musser

**BREAKING NEWS****Des Moines Legacy Foundation Buys Bus For Senior Services!**

Many thanks to *Des Moines Legacy Foundation's board of Directors* for approving the purchase of a gently-used 14-passenger bus for Des Moines/Normandy Park Senior Services! Thanks to 11 years of fundraising for senior programs and services through the annual Anthony's Homeport Bayside Brunch, funds are available to replace the ailing old 9 passenger van with a newer, more reliable bus! DMAC staff expects to purchase the replacement vehicle by the end of July. The bus will be donated by the Des Moines Legacy Foundation to the City of Des Moines for use by the senior center and youth recreation programs.

Des Moines Legacy Foundation board of Directors are: President- Clark Snure, Vice President, Char Schulz, Treasurer, Hallie Marks, Secretary, Patrice Thorell and board members Brenda Anders, Gene Achziger, Kathy Arnold, Wayne Corey, Michelle Fawcett, Keith Noess, Georgie Nupen, Sue Padden, Councilmember Carmen Scott, and Laura Rex Straight.

**Des Moines Activity Center**

*Street:* 2045 S 216th, Des Moines  
*Mail Address:* PO Box 98576  
 Des Moines, WA 98198

**Monday - Friday 8:00AM - 4:00PM**

206.878.1642  
 Fax: 206.878.2260  
[www.desmoineswa.gov](http://www.desmoineswa.gov)

**Holiday Closures:**

*Independence Day*  
*Labor Day*

*Monday, July 5*  
*Monday, September 6*

**Program Registration:**

Advanced registration and payment required; classes and trips with low enrollment may be cancelled.

Register by Phone, Mail-in or Walk-in during office hours.

We accept payment via: **Visa/MasterCard**

**Cash** — exact amount please    **Checks** — payable to City of Des Moines.

**Facility Rentals:**

Call Parks & Recreation Office: 206.870-6527 or visit [www.desmoineswa.gov](http://www.desmoineswa.gov).

**Refunds/Credits:** A refund or credit will be issued for programs cancelled by DMAC. Credits must be used within the current calendar year.

Participants may request to withdraw from a program under these conditions:

Request are received 5 business days prior to the start of the program.

Refunds are subject to a \$10 processing fee.

*No refund will be issued for:*

a) Programs costing \$10 or less, b) Programs where an admission fee was purchased in advance, or c) Special Events.



During periods of extremely **HOT** weather conditions, Des Moines Activity Center is open as a Cooling Site—call 878-1642 for details!

**Des Moines Activity Center** is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnership with Senior Services of Seattle and Catholic Community Services and through the generous contributions from our many participants. **Disclaimer:** This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.





## FUN & GAMES

**\$1 Suggested Donation**



### Mondays

Ham Radio 9:00 -10:00 AM  
Wii Games 10:00—1:30 AM  
**Bunco -Starts 7/12 NEW 10:00AM—12:00PM**  
Hand & Foot Cards 1:00-4:00 PM

### Tuesdays

Walking Group 10:30—11:30 AM  
Wii Games 10:00—1:30 PM  
Mexican Train Dominos 1:00-4:00 PM

### Wednesdays

Artists "R" Us 9:00—11:30 AM  
American Mah Jongg 12:30-3:00 PM  
Wii Games 10:00—1:30 PM  
Bridge 1:00-4:00 PM

### Thursdays

SeaMar Latino Activity 11:00AM -2:00 PM  
Movies & Popcorn - 1<sup>st</sup> & 3<sup>rd</sup> 1:00PM-3:00 PM

### Fridays

Pinochle 1:00-4:00 PM  
Duplicate Bridge\*\* 10:00AM-2:30 PM  
Hand & Foot Cards 1:00—4:00 PM

*\*\*Pre-registration Required, call 206.878-1642*



**Rev Up Your Creative Juices!**  
**Coming Wednesday, September 29, 2010**  
**At 11:00AM**

**1st Annual Edible Derby Day Race**  
**Des Moines Activity Center**  
**Derby Details Available September 7th!**

Co-sponsored by Normandy Park Senior Living.



## MOVIES—SUGGESTED DONATION \$1

**Movies are subject to availability!**

*Madeleine Fulton appreciates your movie suggestions!*

**July 1: Everybody's Fine:** The story of a father who visits his adult children after his wife passes. Stars Robert DeNiro.

**July 15: Crazy Heart:** A washed up country-western singer finds a second chance at life and love. Stars Academy Award winner Jeff Bridges.

**August 5: The Blind Side:** A family raises a homeless teenager who becomes a success in life. (True Story) Stars Sandra Bullock & Tim McGraw.

**August 19: Extraordinary Measures:** A cranky researcher and a distressed father trying to save his dying children cross paths. Stars Harrison Ford.

**September 2: Invictus:** The true life story of Nelson Mandela and a South African soccer team. Stars Morgan Freeman and is directed by Clint Eastwood.

Sponsored by:



**Did You Know**  
**that we have**  
**Bocce Ball,**  
**Croquet &**  
**Ladder Golf**  
**available for**  
**outside use**  
**during office**  
**hours?**



**i- what?**  
**Facebook?**  
**Discover our**  
**new classes on**  
**Page 7!**



**Summer Special!**  
**Tai Chi & Yoga**  
**9 classes for cost**  
**of 8-classes.**

**Free Tai Chi Demo**  
**see page 4!**



**Celebrating Hats**  
**July 21, 2010**  
**Don't Wait,**  
**Space is limited!**  
**206-878-1642!**



**Down-sizing?**  
**Trash to Treasure**  
**-August 14-**  
**Outdoor Booth Spaces**  
**Still Available!**  
**Call 206-878-1642**  
**for details.**

Art Classes	6
Computers	7
Fitness	4
Health Appointments	5
Holiday Closures	2
Horticulture	8
Legally Speaking	5
Resources	5
Special Lunches	10
Special Events	6
Trips	8
Volunteer Info.	9

**ENHANCE FITNESS**

A fitness program designed to improve physical conditioning levels and decrease the risk of falling. Features stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle is recommended.

Co-sponsored by Group Health & Senior Services

*Instructor: Mary Brown*

*DMAC*

Tues/Thur/Friday 7:00-8:00AM or 8:15-9:15AM

\$35 June 29–July 30

\$35 August 3–September 3

For Payment and Enrollment information please contact DMAC.

**ENERGY YOGA**

*Summer Special: 9-weeks for price of 8!*

Uses methods from yoga, qigong and tai chi, enhance your mind-body connection with gentle deep stretching, effective breathing techniques, and dynamic meditation. Learn how to release stress and tension and re-direct your energy to gain better health and a sense of well being and strengthen muscles and bones, range of motion, balance and coordination. Bring a water bottle.

*Instructor: Rhonda Allison*

*DMAC*

*\$48*

Thursday	3:30-4:30PM	Seated/Standing	July 1–August 26
Thursday	7:00-8:00PM	Regular Mat	July 1–August 26

**TAI CHI**

*Summer Special: 9-weeks for price of 8!*

Qigong style Tai Chi focusing on basic circulation form using energy principles. Class will begin with warm up exercises to open energy channels and enhance mind-body connection.

*Instructor: Rhonda Allison*

*DMAC*

*\$48\**

Thursday	5:30-6:30PM	Regular Tai Chi	July 1–August 26
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\*8 drop-in per class

**You Are Invited to A FREE Tai Chi Demonstration**  
**Monday, July 12 at 1:00PM at DMAC** *RSVP 206-878-1642*

**GOLF OUTINGS**

Enjoy playing 9 holes at Puget Sound courses with fellow golfers. Transportation available on a first paid basis. All players draw numbers to determine playing partners and tee position.

*Depart DMAC between 8-8:30AM*

*Return time varies*

*Fee Range: \$8-10*

*No Host Green Fee and lunch*

Date	Course & City
July 12	Mystery Trip
July 26	Classic, Spanaway
August 9	Cedarcrest, Marysville
August 23	Twin Rivers, Fall City
September 7	Rolling Hills, Bremerton



*Save The Date!*

**Des Moines Creek Trail**

**Opening Ceremony & Ribbon Cutting**

**Wednesday, August 25 11:00 AM**

**Promontory at the entrance of Beach Park**

**Detailed information available**

**August 1, 2010**

Getting Expert Care Is  
Easier Than Ever Before.

**Des Moines Internal Medicine**

22000 Marine View Dr. S, Suite 200  
Des Moines, WA 98198

Offering A Full Range Of Adult  
And Geriatric Medicine.

Call for an appointment at (206) 870-7331 or  
log onto [www.HighlineMedicalGroup.org](http://www.HighlineMedicalGroup.org)  
to request an appointment online.

**HIGHLINE MEDICAL GROUP**

[www.HighlineMedicalGroup.org](http://www.HighlineMedicalGroup.org)

Scholarships available for Des Moines & Normandy Park residents! Please call 206-878-1642 for information.



## PRESENTATIONS

*SUGGESTED DONATION—\$1.00*

### Q & A FOR THE FIRE MARSHALL

Informal discussion with the South King Fire District Fire Marshal.

*Tuesday, July 20 11:30AM-12:15PM DMAC*

### FIRE SAFETY & FALL PREVENTION PRESENTATION

This Bilingual presentation will highlight Dick Body arriving with the South King County Antique Fire Truck!

*Thursday, July 22 10:30AM DMAC*

### LEGALLY SPEAKING

*4th Thursday, monthly 12:30PM DMAC*

Susanna Southworth, local attorney.

### LEGAL GUIDE FOR THE SERIOUSLY ILL

*July 22 Step 3-4 Make a plan to manage your money and property; Plan for the care of dependents.*

*August 26: Step 5-7 Know your rights as a patient and as an employer. Get your legal documents in order.*

### INTRODUCTION TO PEARLS

Learn how this evidence-based treatment for minor depression in the elderly can be effective in restoring quality of life. PEARLS focuses on management techniques for older adults experiencing minor depression; is offered in the client's home and is well suited for individuals with chronic illness. Enrollment information will be provided.

*Tuesday, August 3 1:00PM DMAC*

Facilitated by Steven Banks, MSW  
Catholic Community Services

### AARP SAFE DRIVERS COURSE

This classroom only class, upon completion, qualifies seniors for the state mandated insurance premium reduction. Register in advance—call 878-1642.

*Instructor: Leonard Bisconner*  
*3rd Saturday, August–November*  
*9:00AM–5:00PM DMAC*

Cost: pay day of class  
\$12 w/current AARP Card.  
\$14 w/o current AARP card  
+\$2 suggested donation

*Must bring your current AARP card to class!*

*Note: Sack lunch recommended!*

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

*2nd Monday, monthly 1:00PM*

Normandy Park Congregational, United Church of Christ.

### CAREGIVER'S SUPPORT GROUPS

Share experiences, exchange information and explore ways to preserve your own health, strength and sanity.

*4th Thursday, monthly 3:00-4:00PM Wesley Campus*

Facilitator: Elder & Adult Day Services, 206-859-5721

Free respite may be available with advanced sign-in.

### DIABETES SUPPORT GROUP

Dealing with diet, exercise, blood sugar testing can be overwhelming; *but* the good news is Diabetes is manageable. Share successes and failures in a friendly atmosphere.

Facilitators: John Carroll & Kathy Heath

*2nd Thursday, monthly 1:00-2:30PM DMAC*

### IN-HOME WATCH PROGRAM

*In-Home Watch*, features a weekly phone call or home visit by a volunteer checking to insure the senior is well and their needs are being taken care of.

*Sponsored by ElderWatch*

*253.946-7338*

### LEGAL HELP IS A PHONE CALL AWAY!

**Dial 2-1-1**

Information & Referral for Civil Legal Services in King County.

*Monday–Friday 8AM-6PM*

Deaf/hearing-impaired? Call: 1-800-833-6384 or 711.

## HEALTH AND WELLNESS CONNECTIONS

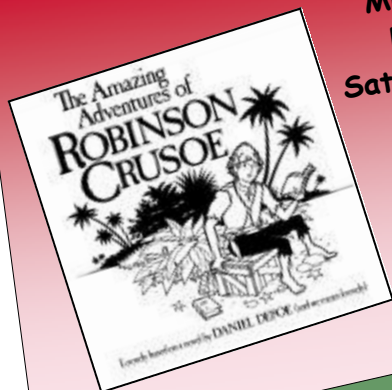
*Location: Des Moines Activity Center*

*Call 878-1642 to Schedule Appointments*

Blood Pressure Checks	Monthly, 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday	10:30am-12pm
Dental Van	July 15, August 16 & 19 and September 17	
Fall Prevention, South King Fire & Rescue	Call 253-946-7337	
Foot Care Appointments	Wednesdays	8:30am-12pm
Massage Appointments - 30 minute	Monthly, 2 <sup>nd</sup> Friday	10am - 1:30pm
Pet Food Assistance Applications	Call 206-878-1642	
Senior Services' Information & Assistance	Call 206-448-3110	Monday-Friday
Senior Rights Assistance	Monthly, 2 <sup>nd</sup> Tuesday	AM Appointments
Senior Services Meals on Wheels	Orders taken Monday AM Call 206-878-1642	Delivered Thursdays
Senior Services' Shuttle Transportation	Call 206-727-6262	Monday–Friday
Senior Services' Volunteer Transportation	Call 206-448-5740	Monday-Friday
Metro's ACCESS Transportation	Call 206-263-3113 <a href="http://www.metro.kingcounty.gov/tops/accessible/accessvan.html">www.metro.kingcounty.gov/tops/accessible/accessvan.html</a>	

Are You Receiving REC'n ROLL an online publication—sent via email twice a month directly to your email?

Email [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov) to request.



Missoula Children's Theatre  
Friday, July 23 \* 7:00PM  
Saturday, July 24 \*† 3:00PM

Watercolor Workshop  
\$25  
Saturday, August 21  
10AM—3PM  
Nancy Bogni  
DMAC



Morning instruction, afternoon outdoors  
with canvas & paints. Supply list available  
Registration Deadline—August 14!



Lucas Cates  
Band

July 28  
7:00PM  
Beach Park

Des Moines Arts

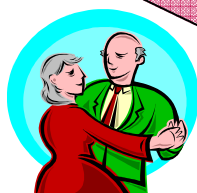
Commission Concerts



African All Stars

August 11  
7:00PM

Beach Park



SUNDAY DANCES

@ Des Moines Activity Center  
1:00—3:30 PM \$5

Dates	Live Music by	Refreshments Last Name
July 25	Evan & Charlie Brown	N—Z
August 22	Randy Litch	A—M
Sept. 26	Randy Litch	N—Z

*Much Ado About Nothing*  
by Seattle Shakespeare Company's  
Wooden O Theater

Saturday, July 31 at 7:00PM  
Des Moines Beach Park

Co-sponsored by  
Des Moines Arts Commission  
Rotary Club of Des Moines

Save the Date: October 8, 2010 Annual Spaghetti Night Dinner



**Trash to Treasures 2010**  
**Saturday, August 14 10:00 AM—3:00PM**  
**Outdoor Spaces Still Available.**  
**Contact Des Moines Activity Center for**  
**Booth Information!**  
**206-878-1642**

**I WHAT?****NEW**

Are you curious about the i-phone, iPod or anything with an i from Mac? If you are thinking about purchasing any Mac i products and need some information about each one, then join us as we discuss all your i options. We will give you an understanding of what each one does, how they work together and what works best for you.

*Instructor: Chris Pauk*

**\$15R \$19NR**

Wednesday, July 14

6:00—8:00PM

Wesley Garden Lab

**FACEBOOK****NEW**

Facebook is a social networking site that connects friends, relatives, classmates, colleagues, and groups that share common interests. The goal of this is to get you up to speed on how to create, use, and maintain your Facebook profile.

*Instructor: Brenda Anders*

**\$29R \$33NR**

Thursdays, July 8-15

9:00-10:30AM or 6-7:30PM

Wesley Garden Lab

*Please Note: NR fee applies to adults under age 55.*



### MEDICAL LENDING CLOSET!

Featuring assorted equipment available  
 for short-term use—  
 bath benches  
 bedside commodes wheelchairs  
 Walkers & mo

*Suggested donation:  
 \$5-\$25 per item.*

### The Wesley Garden's Computer Lab

*Drop-in Use with Volunteer Monitors, Classes, New Equipment & Software*

**WESLEY GARDEN'S LAB \$1 donation**

*Monday/Wednesday/Fridays 9:00-11:30AM, 1:30-4:00PM*

*Saturdays 9:00-11:00AM*

**Cosponsored by: Wesley Gardens & Des Moines Legacy Foundation**

### Our Wish List

8 1/2 x 11 Copy Paper  
 Small paper plates  
 6-oz plastic glasses  
 Colorful napkins  
 Pretzels  
 Paper Towel Rolls  
 Assorted Teas  
 Decaf Coffee drip grind  
 Umbrellas  
 Flower Bouquets!

**Did You Know Scholarships available for  
 Des Moines and Normandy Park residents?**  
 Please call 206-878-1642 for information.  
 Funding Support is provided by  
 Des Moines Legacy Foundation.

### RETIREMENT COMMUNITIES | HEALTH SERVICES | FOUNDATION



Celebrating 66 years, Wesley Homes now serves over 1600 people each year within its two campuses and home health services offering:

- \* Cottages and Apartments
- \* Home Health \* Adult Day Care
- \* Assisted Living \* Skilled Nursing



**WESLEY HOMES™**  
*for people who love life™*

Call Toll Free:

**866-937-5390**

or visit: **www.wesleyhomes.org**



816 S. 216th Street  
 Des Moines, WA  
 206-824-5000





**TRIP REGISTRATION INFORMATION:**

**Trip Fee:** Includes event admission, transportation and escort expenses. *No-Host: means lunch on your own.*

**Trip Registration:** Registration is first come first served.

**Trip Cancellation:** A full credit/refund will be issued if DMAC cancels a trip. A \$10 processing fee will be charged for day trips cancelled by participants.

Please read travel policies for trips.

*NO substitutions allowed; cancelations are filled from a wait-list.*

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.

**Panorama City - Patio Sale - Olympia**

Marvelous merchandise & collectibles, minimal cost! Bring cash to spend on the variety of items. No Host Lunch.

*Saturday, July 17 8:00AM-4:00PM \$10*

**Fandrich and Sons Pianos - Stanwood**

This is a small piano building workshop and you are welcome to play some of their pianos. No Host lunch.

*Tuesday, July 20 8:30AM-4:00PM \$15*

**Miniature Cattle Farm - Covington**

Visit Happy Mountain Miniature Cattle Farm where the Panda miniature cattle breed was developed. No host lunch.

*Wednesday, July 28 9:00AM-3:00PM \$17*

**Bruning Pottery - Snohomish**

Check out their wide assortment of pottery manufactured here. Time to shop and enjoy a No host lunch in Snohomish.

*Wednesday, August 11 9:45AM-4:00PM \$10*

**La Conner Quilt and Textile Museum - La Conner**

Enjoy special the Japanese quilts and explore the shops. An ice cream stop on the way home. No host lunch. *Thursday, August 26 8:30AM-6:00PM \$18*

**King5 NEW DAY Northwest Taping - Seattle**

Join Margaret Larson to celebrate what is great about the Northwest. No-host lunch at Spaghetti Factory.

*Tuesday, Sept. 7 8:15AM-1:00PM \$10*

**Angel of the Wind Casino - Arlington**

Is this your lucky Day? No-host lunch on site.

*Wednesday, Sept. 15 8:30AM-4:00PM \$12*

**Chehalis Veteran's Museum - Chehalis**

The Veteran's Museum features displays from Revolutionary War to War in Iraq. Lunch on your own. *Tuesday, Sept. 21 9:00AM-5:00PM \$15*

**OUT TO LUNCH**

Transportation Fee: \$8

Enjoy no-host dining at northwest restaurants.

August 6 McMenamins Six Arms, Seattle 11AM-2PM

September 3 Bair Drug Restaurant, Tacoma 10:45AM-2:30PM



Antique Airplanes

**Mystery Trip!**

September 8, 2010 2-nights

\$369 per person

\$100 deposit due now, Balance due August 1

Louise Roberts, a Mystery Trip veteran, anticipates a trip chock-full of activities and will be on the charter bus! - will you?

Flyers Available at DMAC,  
via [www.desmoines.wa.gov/seniors](http://www.desmoines.wa.gov/seniors), or  
call 206-878-1642.



Vintage Cars

**Camp Wrinkle Ranch**

*September 14 - 16 \$250pp*

Enjoy 5-star "camping" at beautiful Falls Creek Retreat Center, Raymond, WA, featuring dorm-style sleeping, 2-large hot tubs, 2-fire pits, an espresso bar, ice cream shop and fishing pond. Pack your days with hiking, indoor/outdoor tennis, indoor volleyball, horse shoes, catch and release fishing, or enjoy the a full size gym in this forest meadow park setting, complete with streams and beautiful waterfall. Enjoy "Wrinklympics" tournaments, too. Fee includes transportation, lodging, meals, escort, activities and lots of fun! *Registration Deadline: August 31<sup>st</sup>.*

**HORTICULTURE OUTINGS**

Explore glorious northwest gardens and nurseries with our growing Horticulture Group. Enjoy no-host meals and plan to cover the admission to gardens.

*Note: all Garden Trips require advanced registration*

*Fridays 10:00AM or \* 9:00AM \$8 Van Trips @ DMAC*

July 16 Tacoma Goodwill Vertical Garden. Carpool

July 23 A Seattle Rooftop Garden. Van

July 30 Wesley Homes Dahlia Gardens & Grounds. Carpool

August 20 Krunkleberg Botanical Garden, Shoreline. Van

August 27 Grassroots & Village Green Nursery. Burien/White Center. Carpool

Sept. 10 Private Bellevue garden, Ballinger Garden Railroad & Walker Garden with ferns & grasses. Brown bag lunch. Van

Sept. 17 The Creative Gardener, private garden & Peninsula Gardens nursery. Lunch in Gig Harbor. Van

**SENIOR SHUTTLE'S**

**MUCKLESHOOT/BINGO HALL**

**2ND MONDAY, MONTHLY!**

*Next Dates: July, 12, August 9, & September 13*

Call 206-727-6262 to sign-up!

*No Fee*

*Donations appreciated!*





## VOLUNTEERING & SMILES A GREAT MATCH! CURRENT VOLUNTEER OPPORTUNITIES:



Receptionists on Wednesdays!



Drivers  
for Golf, Day or  
Shuttle trips!



Dishwashers—Pick your day!



Blood Pressure Specialist—once a month on a Tuesday morning!

Table Hostess & Servers for  
Celebrating Hats!



Share your musical  
talents!



Create Handmade Party Hats  
for our auction!

For more information about these  
Volunteer opportunities,  
Contact Des Moines Activity Center  
206.878-1642.

## Take in a Ball Game!



Senior Coed Softball — Home Games Dates  
At Steven J. Underwood Memorial Park.



*Hats off to our  
fantastic  
Senior Coed Softball  
Sponsors!*

Jack's Restaurant \* Dr. Keith Ly  
The Bullpen Pub and Grill  
Magic Lanes \* Roxbury Lanes & Casino

1-Jul	9:30AM & 11:00AM
6-Jul	10:00AM
15-Jul	10:00AM
20-Jul	9:30AM & 11:00AM
21-Jul	11:00AM

### Roll'um

### Bunco Starts

### Monday

### July 12 @ 10AM

@

### DMAC

## Seattle Zoo\* & Aquarium Tickets Available!

Free admission for seniors only.  
2-tickets per person.  
Pick-up at Des Moines Activity  
Center's front office.  
Call 206.878-1642 for details.

\*Zoo tickets are not available until  
July 6th

*Note: Tickets must be used  
within the month you take them.*



## REGEIMBAL, McDONALD

P.L.L.C.

Attorneys-At-Law

P.O. Box 98702

612 S 227th St

DES MOINES, WA 9819 FAX (206) 824-9096

(206) 824-5630



206-870-6639

23600 Marine View Drive South, Des Moines, WA 98198



License #BH-681, DHS #797





## DMAC's SPECIAL OCCASION LUNCHES

**Wednesday, June 30 11:30AM**

### Prelude to Independence Day

Hank Blumenthal's toe tapping banjo/mandolin/guitar music.

Picnic Style Menu topped off with Scott & Rita Eliason's Dutch oven cobbler—hosted by State Farm Insurance Agent: Charleen Schulz



## LUNCH AT DES MOINES ACTIVITY CENTER

Summer—an opportunity to dine with friends indoors or outdoors—come join us!

**Sponsor: Catholic Community Services**

**Lunch is served: Monday—Thursday 12:00PM**

**Suggested donation: \$3 if you are:**

- Age 60+, or
- Dining with a 60+, spouse or
- Under age 60 and disabled, or handicapped.

**Pay: \$5.75 if you are under age 60.**

**First time to Lunch?** A Participation Information Form, which includes your birth date, is required!

Menus available at Des Moines Activity Center

**Celebrate!** July 1 marks the return of Thursday Latino Menus! Aida Martinez, Catholic Community Services' new Latino Chef @ and Gloria Nava sampled desserts at Cultural Diversity in May. Thank you to all of you who brought desserts! AWESOME!



### Guess Who is Coming to Lunch?

**Wednesday, July 14 11:45AM—12:30PM**

Senator Karen Keiser will cover what's happening in Olympia since the last session and will be available for you to talk with her one-on-one!

Menu: Minestrone Soup, Fruit Salad and Roast Beef Sandwich.

**Gino Fettig and Jean Kelley**—two of our regular lunch volunteers- take a break before popping up to tackle another nutrition lunch task! We are so grateful to have their assistance!



## CELEBRATING HATS

A delightful evening of fun, food and fashion!

Register at Des Moines Activity Center  
- don't wait, this event *will* sell out!



## Monthly Birthday Celebrations:

**July 21, August 18 & September 15**

### Our Birthday Sponsors Are Awesome!

*Des Moines Legacy Foundation*

*Auntie Irene's Ice Cream Shoppe*

*Aruba J Mind Body Wellness Center*

*and*

*Betty Lyons,*

*The Birthday Card Lady!*







## RAH-RAH-RAH, so many to thank!

A fantastic Father's Day thanks to feathery, furry and scaly visitors from **A Place For Pets**, and **Farrington Court's** playful centerpieces and party favors. The first Brain Agility class, thanks to *John Carroll* and *Kaylene Moon*, was a great success!

Your donated snacks keep us fortified:

*Dick Bohannon, Bob Obrien, Ray Clarke, Dorothy Smith, Cordy Barney, Jewell Kramer, Shaw Dixon, Lea Hickman, Grace Hong, Betty Grover, Jean Fitchitt, Doree Holman, and Madge Hanson.* And contributions of supplies keep expenses down: *June & Leslie Teeters, Leona Olson, Cordy Barney, Jewell Kramer, Bea Beaman, Rick Konkler and Madge Hanson.* Medical Lending donations make a difference for others, thanks to *Mrs. Metsker, Barbara Weeks, Kevin Manning, and Frank Deto.* *Mariner Tickets* from an anonymous donor provided seniors with an unexpected outing. *Des Moines Police Department* donated a 3-pot coffee maker and two large buffet carts—WOW!

*State Farm Insurance-Char Schulz* generously replenished our coffee mugs and the TV Remote Controller was donated by *John Carroll* and we enjoy the new table-sign holders *LaMar Barrows* made!

*Bunny Frisvold's* handmade quilt for Bayside Brunch is fabulous as are the hours and hours *Keith Noess* toils in our garden! *John McEvoy's All About Aviation*—tickled the fancy of many—expect a sequel this fall!

**Culturefest** - was a lovely evening thanks to the efforts of *Cordy Barney, Judy Wattenberg, Linda Schick, Mike Adams, Highline Community College's Ameer Moon, Crystal Kam, Mandy Pai* and *Wesley Garden's Mark Gustafson, James Franklin and Rob Kinney* and 75 delightful international student performers!



Our nutritional lunch program continues to perk on the front burner thanks to extraordinary efforts of Chef Neal Wold, Sandy Murphy and a entire team of dedicated volunteers while we await new staff!

Do you have Hat Paraphernalia we could borrow for Celebrating Hats?

Seeking:

Hat boxes

Hat pins

Dolls with Hats

Hat stands

Photographs of hats from bygone years!

Seeking donations for Celebrating Hats Mini-auction!

Vintage hats

Hats of all types

Hat boxes

Hat embellishments

Theme baskets

Summer Party Kit

Gift Certificates

Or Will you make

A set of custom Children's Birthday Party Paper Hats

A crochet hat for newborn?

Contact 878-1642 to get involved!

## EQUIP OUR CHILDREN WITH SCHOOL YEAR SUPPLIES!

Here's the list of NEW supplies children need in September!

1. Box of Crayons—24 pkg
2. Pencils—I dozen
3. 1 pair Fiskars Scissors
4. Packages of Glue Sticks
5. Box of Zip-lock bags (sandwich or quart size)
6. Box of Kleenex
7. Box of Colored Pencils
8. Backpacks large enough to carry notebooks and a coat.



Drop off donations between August 16 and September 10.

## DO YOU SUSPECT ELDER ABUSE?

Do you think a neighbor, friend or relative may be a victim of financial or physical elder abuse?

### Community Resources for Information & Help

Adult Protective Services:	206.341-7660
ELDERWATCH: 253-946-7338	<a href="http://www.publicsafe.org/elderwatch">www.publicsafe.org/elderwatch</a>
Des Moines Police:	206.878-3301
Normandy Park Police:	206.248-7600

## WOW!

Our Awning and patio are sporting a clean look!  
**Sunnie View Windows** 206-592-9113  
 Gutter Cleaning, Roof/Moss treatment & cleaning.  
 20417 4<sup>th</sup> Avenue S, Des Moines, 98198

DES MOINES  
ACTIVITY CENTER  
2045 S. 216th  
P.O. BOX 98576  
DES MOINES, WA 98198



# Celebrating Hats

July 21, 2010

A special evening showcasing hats!  
5—7pm

Des Moines Activity Center  
\$10

Enjoy a delightful evening meal  
served on unique china and a  
mini-silent auction!

Register by July 16, 2010.

In sponsorship with



# Trash To Treasure



Saturday, August 14  
9am—3pm

Des Moines Activity Center  
90+ booths Inside & Out  
Parking

FREE Shuttle from the  
Farmer's Market  
Food Vendor on Site